

Weight Room Schedule Winter 2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00-3:00	Individual Meetings	Baseball Boys Lacrosse Boys Volleyball 2:30-3:30	Individual Meetings	Individual Meetings	Boys Basketball In-Season 2:30-3:00
3:00-4:00	Football - All Levels	Girls Sports Speed & Agility 3:30-4:30	Girls Lacrosse/Field Hockey/Volleyball/Soccer	Baseball Boys Lacrosse Boys Volleyball 3:00-4:00	Football 3:00-3:45
3:30-4:30					All Sports 3:45-4:30
4:00-5:00	Girls Lacrosse/Field Hockey/Volleyball/Soccer		Hockey 4-4:30	Track & Field	
4:30-5:00	Swimming 4:30-5:00		Swimming 4:30-5	In Season 4:00-5:00	Open Lift & Swimming 4:30-5:30
5:00-5:30	Wrestling In-Season	Track & Field In Season 4:30-5:45	Girls Basketball In-Season	Wrestling In-Season	4:30-5:30
5:30-6:00					Off Season Training ALL
6:00-7:00	Speed & Agility	Football All Levels 6-6:45	Speed & Agility	Football All Levels 6-6:45	
7:00-8:00	By Appointment Only		By Appointment Only		

Individual Meetings For Nutrition Consultations or Goal Setting can be arranged by appointment, daily, at lunch.

In-Season, Off-Season Athletes and HC Students can arrange for different lifting times by Communicating with Coach Kolody

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